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# THE

# DOMESTIC GUIDE,

IN CASES OF

# INSANITY.

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# ADVERTISEMENT.

IF it be proper to diffuse the general knowledge of any Disease, it must be so of INSANITY. It is a most dreadful malady; and it is of the utmost importance to take it in time. The opprobrium attached to it, frequently prevents the friends of the afflicted making timely application for advice; the nature of the complaint prevents the sufferers themselves doing it; and the symptoms which precede it, though often sufficiently apparent to those possessing some little knowledge of such cases, and who can be constantly in their company, are not to be ascertained during the occasional interviews of medical men, who have other practice to attend to. Besides, the successful treatment of it depends so much upon proper management, not within the province of the medical attendant, that there is scarce a gentleman of the faculty to be found, but what would gladly give up this part of his practice.

THE

# DOMESTIC GUIDE, /K.

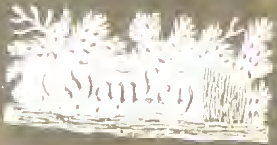
IN CASES OF

# INSANITY.

POINTING OUT THE
CAUSES, MEANS OF PREVENTING,
AND
Proper Treatment,
OF THAT DISORDER.

*Recommended to Private Families, and the Notice of the Clergy.*

> "Canst thou not minister to a mind diseas'd?"
> SHAKESPEARE.



Stanley

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1805.

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The writer trusts that he has kept the promise implied in the title-page, by adapting his language to common capacities; though in doing this he may have subjected himself to the severe criticism of more learned readers. But while he is ready to acknowledge, that the strictures of the latter will only be "breaking a fly "upon the wheel," he is also confident, that if this book be generally read by the former, it will be found useful.

He writes not with a view either to fame or profit, for of both these his fears are greater than his hopes; but from the honest impulse of wishing to be found useful to his fellow creatures, and from a full conviction that such a work is wanting.

# PREFACE.

THE earliest impression that my memory retains, was occasioned by seeing a number of insane people in a private mad-house. I was struck with horror; nor has the familiarity of such scenes, or the lapse of more than forty years, weakened the impression: I still consider insanity as the most dreadful calamity to which our nature is exposed. On the other hand, some of my most pleasing recollections have arisen from an opinion, that I have (under providence) been the means of restoring some that laboured under this complaint, to the comforts of society and friendship.

Some successful practice, and many sleepless nights, occasioned at one time by the noise of the maniac's chain, at another by my anxiety for his recovery, may entitle me to the privilege of giving my opinion, notwithstanding the knowledge and learning displayed in several recent publications on this subject. The only claim to notice that the following pages can pretend to, is a few plain instructions, adapted to the meanest capacity, founded upon more than forty years' experience of myself and instructer, and at a price within the reach of the poorest family.

No

No complaint is more dreaded than this, and while intemperance so much prevails, there is none in the catalogue of human ills, from which we are less secure: and though irregular and wicked livers are particularly exposed to it, yet the prudent and moral are not always exempted; for the labourer, who exerts himself beyond his strength, during the heats of a summer's day, and is afterwards exposed to the dews of the evening, and eats a supper of hard indigestible food, is as liable to this affliction, as his master, who indulges in scenes of luxury and sensuality.

While this treatise only aspires to the title of DOMESTIC GUIDE, the medical enquirer will turn to the scientific pages of a Monro, Arnold, Crichton, Haslam, Johnson, Rowley, Cox, and others; but whatever may be the abilities of these gentlemen, it must be allowed, that the general knowledge of insanity is very much in its infancy; and this may be pleaded in excuse for many things to be found in these pages, that might otherwise appear trifling. It is not more than fifty years since a man was generally thought a conjurer through several of the midland counties, for no other reason, than because it was notorious that he had cured numbers of insanity. The knowledge of this complaint has most certainly advanced too much for any one to gain the reputation of dealing in the black art, (even with the common people) by the cure of it: but much remains for investigation, and the time may not be far

distant,

istant, when this so much dreaded complaint, shall be ound as much under the power of medicine, as many thers that are thought slightly of.

May not future enquirers even go so far as to endeavour to relieve idiots? And, however improbable it is, hat any born idiots should have their intellects improved; yet we must possess more certain knowledge of hese cases, before we can positively pronounce this to be impossible: be that as it may, where the blessing of eason has been bestowed, and lost through causes to which our nature is liable, the presumption is, that if proper means are employed, the blessing may be restored.

But while I presume not to vie with the above mentioned writers, I may plead some pretensions. I repeat, that what I shall offer is the result of more than forty years' practice, and this practice originally founded upon the same theory of the disease, that some of these gentlemen have endeavoured to establish: yet I cannot suppose, that it contains much that will be found worthy of the medical man's notice, most certainly not any thing worthy his animadversion, even were it likely to lessen his practice in cases of insanity; for the regular practitioner has little advantage either of reputation or profit to expect from the treatment of this complaint. All those families where this misfortune happens, that can bear the expence, will avail themselves of the superior advantages which a respectable asylum, where this disorder is particularly attended to, affords: and in the

the poorer families, the medical man has nothing but vexation and dissappointment to encounter; for while little attention is paid to his directions, more will be expected from him than he will be able to perform. In most other cases, the doctor has a security in the mind of his patient, that his orders shall be attended to; but in this, the mind of the patient is almost constantly in direct opposition to that of the medical attendant's.

But should any medical gentleman deem the following hints worthy of his observation, to him will be due an apology, for the extreme shortness of the list of medicines to be used: in fact, what I recommend, is but a part of what I have myself been in the habit of using: these, agreeable to the custom of the old school, are compounds, consisting of a great number of articles, which I am under strong family obligations not to disclose. Did I believe this was of any great consequence, I should be trifling indeed with my readers, to pretend to give instruction, and not to give the best in my power; bnt I can hardly suppose that this will be any great disadvantage, if the reader possesses medical information, his knowlege will easily suggest a sufficient variety of proper medicines, agreeable to the principles advanced; and the less those who are ignorant dabble in drugs, the better.

The same obligations might be urged against my writing at all: they have however given way, after some consideration, to what I conceive to be superior obligations, for *beneficium publicum, rebus privatis est ante-*

*nteponendum*; but a wish to avoid family disputes, vill prevent the affixing of my name.

If I cannot venture to recommend myself to the notice of medical men, I must beg leave to solicit the ttention of the clergy, in the most earnest manner. To them, particularly, belong complaints of the mind; and hey generally have it in their power to command that eisure, and attention to their instructions, which are so ecessary in the proper treatment of this disorder. The gentleman, to whom a nation feels grateful for vhat he has accomplished, is, I understand, a clergyman. No one will presume to say, that he has disgraced his profession, by paying attention to this disease. Any clergyman desirous of rendering his assistance in ases of this dreadful nature, will, I trust, find the folowing a useful guide.

These pages, most assuredly, will not labour under the isadvantage of being learnedly obscure, which is too nuch the case in works of this kind; and several of he works above alluded to, are written in much too earned a stile to be generally understood. The reader has my full liberty to call me illiterate, provided he loes not pronounce me ignorant.

Though I am conscious of great inabilities to do justice to what I have undertaken, yet, as I am also conscious that the attempt proceeds from proper motives, will confidently hope for the indulgence of the reader.

THE AUTHOR.

## ERRATA.

| Page. | Line. | |
|---|---|---|
| 2, | 18, | for *he procured*, read, *he had procured.* |
| 25, | 20, | dele, *in this place.* |
| 26, | 15, | for *phlethera*, read, *plethora.* |
| 30, | 4, | *contradiction scorn*, read, *contradiction and scorn.* |
| *ib.* | 5, | *injuries and are*, read, *injuries are.* |
| 32, | 11, | after the word convalescence, place a *comma* instead of a *period.* |
| 48, | 16, | for *sebject*, read, *subject.* |
| 53, | 11, | after friends, place a *comma*, and after account, place a *period.* |
| 56, | 6, | for *flour-bread, rice*, read, *flour, bread, and rice.* |

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THE

# DOMESTIC GUIDE.

## CHAP. I.

## INSANITY.

INSANITY has been called *an alienation of mind without fever*; but this I think is not strictly proper. *Mind* is a very comprehensive word, including not only imagination or fancy, but memory, reflection, and invention, as well as reason or judgment, and determination.

Some of the mental faculties seem little, if at all impaired, by insanity: It can only be supposed to be the case with some who refuse to speak, or who talk incessantly upon one subject; but in these, the quick and even

intelligent glance of the eye, frequently give reason to believe that they retain so much knowledge as to render the expression, *alienation of mind*, not quite correct. And in almost all cases of insanity, an increase of the pulse is observable at times, not indeed sufficient to account for delirium, yet still enough to prevent its being said with propriety that it is without ſever. But the most distinguishing mark of insanity, is a delirium without any apparent bodily complaint sufficient to account for it.

I have often admired Milton's description of a troubled dream,[a] as coming very near the general state of insanity. It agrees also in substance with a definition of the disease that I once received from the keeper of a mad-house, and which, I suspected, he procured from some one of better information than himself, and who, in all probability, had been a patient.[b] Mental derangement, or mental illusion, appear the most proper words

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[a] Vide Note 1, Appendix. [b] Vide Note 2.

words to express the nature of the complaint.[c]

It appears that our ideas are derived from two sources, both involuntary: *(viz.)* those conceptions which rise when we are in a state of mental abstraction, and those which are occasioned by the immediate agency of external objects. The first are confused and indistinct in the beginning, and require an effort of reason to determine them into clear and distinct ideas, having then a more remote reference to external objects, through the medium of previously acquired knowledge or memory; and this may be termed reflection: and by a further effort, these rising perceptions may be so directed, as to form regular and new combinations; and this is termed invention. The latter are formed at once into perfect ideas, without effort; as when in this state of mental abstraction, the conception of a castle may begin to arise involuntarily; but it requires a momentary ef-

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[c] Vide Note 3.

fort of the reason, to form upon the mind the clear and distinct idea of a castle: but if I read of a castle, or hear the word pronounced, the idea is at once clear and distinct, without effort.

In the most sane mind, many incongruous, absurd, and disgustful conceptions, intrude themselves; but reason has a power to reject them, before they are formed into distinct ideas. Was a person of sane mind to give utterance to all these mental conceptions as they rise, the language would be that of madness. The insane have no power to suppress or direct the ebullitions of the brain, but give utterance to all the confused conceptions as they rise, till the helm of reason is entirely overthrown. Insanity may therefore be defined to be the loss of that power by which we are enabled to control and direct our mental conceptions; and this may account for the rational answers and observations which maniacs, in the worst state, will sometimes make: an idea strikes them

them forcibly, and for the time overpowers the mental confusion.[d]

It may be urged, that we possess a power of calling up particular ideas at pleasure; and by the laws of association this may be admitted. I have it in my power to determine, that I will contemplate, for the next five minutes, the beauties of the landscape before my window; but the train of thoughts that first led me to make this selection, or that brought this particular to my mind, is a thing I am not able to account for; and it is questionable whether I should be able to give the subject an absolute and undivided attention for five minutes, was it not for its attractions of beauty and variety.

We go to hear a public speaker, with the resolution of being profoundly attentive; and we are so, provided his manner or matter is attractive; otherwise not. But in a state of mental abstraction, *i. e.* when external objects have no influence, we are rarely

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[d] Vide Note 4.

able to say with truth, what shall be the exact idea that will occupy our minds at the end of the next five minutes. He that can say this with the greatest degree of correctness, may be said to be in the most perfect state of sanity. But when, to any considerable degree, we lose this power of controlling the train of rising conceptions; or when one train of thoughts so occupy the mind, as in a manner to exclude all others; as when any one is heard to say, "I cannot get such a thing out of my head;" that person may be said to be in a partial state of insanity; and it is from that moment necessary that such should be upon their guard.

x The most that we can do mentally in these cases, is, to turn to such external objects as are likely to prove attractive, yet not so much as to overcome the power of withdrawing our attention at pleasure. Were a man, distracted by the love of some literary pursuit, to turn his thoughts to a beautiful woman, the remedy might prove

worse

worse than the disease; and those liable to extremes in one thing, are so in others.

Those mental pleasures that afford variety, and that are always within our reach, such as the contemplation of the various works of nature and providence, are assuredly the safest; and the more we direct our thoughts to them, so much the more shall we find those attractions that will enable us to draw off our attention from others that might prove hurtful.

In these cases it is more than poetically true, that

> "Herein the mind must minister to itself;"

for nothing in the way of amusement can possibly please all tastes: yet this may not arise from any fastidiousness in those of great intellectual attainments; on the contrary, Providence has kindly ordered, that so far as our intellectual attainments increase, so much the more are we enabled to derive pleasure from circumstances that appear trifling and foolish to the ignorant.

It is the same in proportion as our sensibilities are refined. **MUNGO PARK** could, in a wilderness of Africa, under the most depressing circumstances, derive an exquisite pleasure from the sight of a small flower, which the native savages would perhaps for ever pass without notice. The parent most anxious about the welfare of his children, is also capable of receiving the greatest pleasure from their infant sports: and the mountain bard, whose heart was corroded by griefs that would hardly have touched the feelings of his brother ploughmen, could derive a pleasure from, and sing in delightful numbers, the circumstance (which to them would appear trivial) of turning up a daisy with his ploughshare in winter.

## CHAP. II.

### *CAUSES of INSANITY.*

NSANITY is considered as a disorder of he mind, and its visible effects give it the ppearance of being such: but so far as it is nder the power of medicine, it must be admitted that the primary disease is corporeal; nd those at all acquainted with it well now, that in its worst stages applications o the mind are not of any use whatever.

From numerous dissections and investiations, it no longer remains a doubt but hat the immediate cause of insanity is a iseased state of the brain. This may arise rom various causes, such as tumours in the rain, blows upon the head, total or partial nflamations arising from colds or stoppages, aralytic affections, the effect of mercurial

medicines, gout, rheumatism: perhaps a lax or debilitated state of the vessels of the brain, may occasion effusions of morbid matter that may be the cause of accumulations, concretions, or tumefactions; and these may impede the due action of the nervous principle. But the most common cause, is supposed to be an irregular determination of blood to the brain. Indeed the causes that will produce the effect of throwing too great a quantity of blood to the head, are so numerous, that a difficulty seems to arise in accounting for it this way, from insanity being so uncommon a complaint: if this alone could produce the disease, we might look for it much more frequently than we do.

It seems to require the co-operation of two causes, to produce insanity: that of repeated great determinations of blood to the head, and an impure or viscid state of the blood.

But in order to be useful to my readers, by enabling them to make use of timely preventives, it will be proper to advert particularly

cularly to the causes, either mental or corporeal, which, by occasioning a bad state of the fluids, or great determinations of blood to the head, become the remote causes of insanity.

The causes that will produce an irregular action of the arteries, are numerous; and we are but too liable to them. They may be divided into those relating to the mind, and those of the body. But it may be proper in this place to observe, that the effect has been often mistaken for the cause in this complaint. A person is greatly agitated by some affliction or passion, and afterwards becomes insane: the affliction is assigned as the cause,[e] when the violent perturbation was only a symptom of the disease; for it is a well known fact, that it frequently lurks in the constitution for years in a latent state, or so much so, as to escape the observation of all, except those who have particularly attended to the different appearances of it.

I was

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[e] Vide Note 5.

I was informed by a person who had been confined at the age of twenty-two years, that he had felt its approaches at the age of eleven; and that during the whole interval, he had frequently perceived symptoms of it, but not to so violent a degree as for it to be known to any besides himself.

The disease may be so slight as to escape notice: or it may be more complete, but the symptoms too obscure or partial to demand attention. It was not, I think, noticed in any of the public papers, that the man who some time since so much outraged common decency at his execution, was a lunatic; yet this was most undoubtedly the case.

I saw, some time ago, in a periodical publication, a vindication of suicide, which bore evident marks of insanity in the writer; yet this did not seem to have struck those who thought proper to reply to it. The Hermitess of Salem, in America, of whom so much has been said, is most assuredly a lunatic, and ought to be treated as such. Nor do I see the least reason to doubt the real

insanity of Democritus, notwithstanding the opinion of the wise Hippocrates, as found in the entertaining relation given by Doctor Rowley. A man, secluding himself from society, and spending his time in laughing at, or exclaiming against, the follies of mankind, might, with some, be an argument of superior wisdom: I should consider it as a strong symptom of madness: It will, at least, be admitted a proof of a heated imagination; and, in this case, it must be allowed, either that Democritus was insane, and the people of Abdrea like the rest of the world; or else, that they were all really mad, and Democritus alone was wise. A strange supposition, indeed!

A man opposing vice and folly, and doing his best to reclaim it, within the proper sphere of his action, is a proof of wisdom; but to set himself in direct opposition to the whole of that system or order of things which God permits, is not only a strong symptom of madness, but may be deemed madness itself.

People being able to converse correctly for an hour, a day, or a week, is a presumptive proof that they are of sane mind, but by no means an absolute one: they that are known to be insane, will frequently do this.

That the indulgence of irregular passions has often been attended with dreadful consequences, and not the least, the loss of reason, there can be no doubt: yet, I am well convinced, that many of the inconsistencies, eccentricities, and perhaps even what are deemed vices of mankind, may be owing to the influence of this disorder. The question, Why do not all think alike upon the same subject? may be shortly answered, by saying, That it is either from the influence of previous opinions, or from the difference of constitution. I would only contend, that the latter is more frequently the case than we are aware of.

I would by no means wish to weaken the barriers of religious, or moral obligation; but only plead those cases where a person is pushed on by an irresistible impulse, against

all

all the dictates of prudence and probability of success, to a losing game with the passions.

How often has the preacher of christianity been stigmatized as the cause of insanity in some dark minded hearer? when, at the same time, out of one hundred people, all living in the same neighbourhood, possessing nearly the same means of information, all reading the same religious books, and receiving the same religious instruction, from the same preacher; ninety and nine have felt the cheering influences of religion. Surely, if the cause had been in the preacher or religious instruction, the bad effects would have been more general: but the poor creature had a pre-disposition to insanity, and religion happened to be the thing by which it was first discovered to the world. I have known a long fit of intoxication charged as the cause of insanity; when, in fact, drinking was only the first effects of it. The same may frequently be said of love,[f] and

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[f] Vide Note 6.

other strong passions. Intense study has been stated as the cause; and it must be admitted, that when any literary or other pursuit is followed with such ardency as to become a strong passion of the mind, to the exclusion of other thoughts, particularly when it occasions the loss of sleep, it may be considered as dangerous: but even in these cases, where insanity followed, I should often look for the cause in something else, and consider the ardency of the pursuit only as a symptom.

Could these complaints be proved always to proceed from mental causes, we should be astonished at the very few cases of insanity that can be traced to any grief or distressing circumstance, equal, as one should suppose, to such a consequence.[g] Perhaps not one case in ten would admit of such a conclusion; while of the most distressing events of life, not one in a hundred is followed by insanity as a consequence:[h] on the contrary,

contrary,

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[g] Vide Note 7. [h] Vide Note 8.

contrary, I have reason to believe, that I have seen cases, where a misfortune has been the means of arresting its approaches.

I would by no means wish to prove, that insanity never proceeds from mental causes. I only wish to impress it upon my readers, that it more frequently proceeds from bodily causes; and consequently, that it is more under the power of medicine than has generally been thought. But admitting the other to be the case; still, it is by their action on the body that they prove hurtful: in this point of view, they may be the cause of an increased determination of blood to the brain, or a vitiated state of the blood.

There is one evident distinction betwixt those cases that may be traced to a cause of real grief, and those which may be termed constitutional; and that is, in the latter there is scarce ever any connexion betwixt what is alledged as the cause, and the appearance of the disease. For instance, love shall be assigned as the cause; yet the patient shall never name the passion, or the supposed

supposed object of it. But in the former cases, reason is scarcely ever so entirely overthrown, as not to leave at times evident traces of the former grief. Dr. Swift was an instance of this: having been of sanguine expectation, and depending much on the consolations of friendship, his mind seemed to sink under the complicated pressure of disappointments in life, and the loss of his dearest friends. It was his usual custom, for a long time after his confinement, to address every stranger he saw, with these words: "Did you know Dr. Sheridan? I lost my right arm when I lost him." No doubt his Stella would have been mentioned in the same pathetic manner, but for a remaining sense of delicacy.

It is told, that a female lunatic, at Brussels, went every day, for forty years, to the inn where she had expected to meet her lover on the day she lost her reason. Her constant words were, on arriving at the inn, "He is not come, I see, to-day: I suppose he will

will come to-morrow:" and she then immediately returned home.

The maniac mentioned in Murphey's life of Garrick, was another instance. He lost his reason in consequence of his infant child springing out of his arms through the window, and being dashed to pieces in the area below. He was constantly acting over the scene of playing with the child, and its springing from his arms, followed by the most heart-piercing cries. Garrick, it was said, took his ideas of representing madness entirely from the sight of this poor creature.

These are truly distressing cases, and seldom admit of a cure. They are frequently attended with debility of body: hope, however, should not be abandoned: medicine may do a little; and the consolations of friendship, and proper treatment, may do more.

The world has fallen into another error respecting this complaint; and that is, the general opinion that the brightest of people are most subject to it. Insanity, it may be observed,

observed, frequently acts like intoxication, as a sort of stimulus to the wits; but this is no proof of superior brightness, any more than the flashes of wit, which may sometimes proceed from a drunkard, is a proof of superior understanding. Those too, that completely recover from this complaint, dreading the thoughts of being suspected of any remains of it, speak and act with caution; by which they acquire a reputation for good sense, that they by no means merit.

There is, most assuredly, no security from any previous state of the understanding. I have known very sensible people lose their reason; and I have known more than one ideot become insane. I think, however, that in general, the ability to apply steadily and constantly, as a duty, to any study or pursuit, and which is so necessary to those intellectual attainments that constitute what may be termed a great mind, argues strong constitutional powers to resist this complaint; and, in general, there are certain indications of weakness of intellect observable in those

who

who are constitutionally liable to it.—But there may be many exceptions to this.

Of the mental causes that may be mentioned as the more remote causes of insanity, are, all violent passions, such as sudden gusts of anger, love, hatred, a thirst for revenge, terror, or sudden fright, extreme fear of some future impending evil, or any kind of suspense in matters of importance; great misfortunes, or disappointments in life; over anxiety, avarice, ambition, extreme pride, enthusiasm, envy, jealousy, shame, a wounded conscience, and, indeed, all that train of painful feelings which arise from our sinful natures. Sudden joy may also prove hurtful; and unexpected good fortune, unless the mind is regulated by prudence, may be equally fatal with bad.

It were well if the dread of insanity could caution people against the indulgence of violent passions of the mind. Let the proud man reflect, that the extreme indulgence of his arrogant notions, may bring him to be humbled in the dust, by wearing the chains

of the maniac. Let the revengeful man be informed, that I have known a person of his description, who had glutted his revenge by killing the man he hated, wear the links[i] for more than thirty years afterwards. Ask the ambitious man, if he would purchase even a crown, on condition of being subjected to that complaint which has so amazingly attached itself to royalty in several courts of Europe. Let those oppressed by the evils of life, take consolation from religious considerations: these evils bear no proportion to the blessings that await them, if they make a proper use of their afflictions; nor, on the other hand, do they bear any comparison with the horrors of insanity.

If there is any specific against the first approaches of this disorder, it must be temperance.—Temperance, in its most comprehensive sense.—Temperance in eating and drinking, in bodily exertion, in the indulgence of the passions; nay, what may seem a pa-

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[i] Vide Note 9.

a paradox, temperance even in temperance itself.

Supposing the reader to give me full credit for the goodness of my cautions, an over anxiety to observe them would be improper, and even hurtful. Insanity is not a common complaint: the advances to it may frequently be tolerably well ascertained, and, if timely means were used, it might generally be prevented.

For the mind to be tormented with the apprehension of it, would be extremely hurtful. Slight deviations from the directions that are given in these cases, provided the general principles are attended to, would be, perhaps, less hurtful than an over anxiety to observe them: and temperance, to be useful in this point of view, must not proceed from a dread of insanity, so much as from a settled and easy habit.

The bodily causes of great determinations of blood to the brain, or a viscid state of the blood, are, too great a fullness of the blood vessels, an over-loaded stomach, violent ex-

ertions, such as running, fighting, lifting great weights; extreme pain, sudden transitions from heat to cold, long exposure of the body to cold, tight bandages about the neck, hanging the head down. Boys have a trick of walking upon their hands, and standing upon their heads; this may lay the foundation of the complaint in early life. I have lately seen a dreadful case of insanity, which evidently arose from sleeping with the head low in bed. Strong sexual passions,[k] violent falls or blows, hard drinking, particularly of strong ale; heavy suppers,[l] wet and cold feet,[m] costiveness, retention of urine, stoppage of other customary evacuations; the loss of sleep, from whatever cause; hereditary tendency to insanity, which consists, most likely, in a particular structure of the vessels, disposing them to great determinations of blood to the head.[n]

Perhaps too much stress has been laid upon the last as a cause. I have often heard it as-

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[k] Vide Note 10. [l] Note 11. [m] Note 12. [n] Note 13.

serted, that no hereditary taint of a disease was so certain in its consequences as this. If it be so, it must arise from the dread of it acting upon the mind, in addition to the operation of the natural tendency. But I cannot say that my observations warrant the assertion.

Where this, however, is a family complaint, it certainly imposes stronger obligations to temperance. Any person, who, having an hereditary taint of this nature, indulges in a course of intemperance, may be already deemed a fit subject for a madhouse.

It has also been asserted, that such are the most difficult to cure. I believe the contrary to be the case; and have reason to think, that where it is easily excited, it is more easy of cure: and let it be observed in this place, that perhaps every human being possesses the seeds of this disease, and that it is possible to excite it in every individual; and those, who by a course of improper conduct, have long deserved it, stand

the fairest chance never to recover, should it at last pay them a visit.

Women, most assuredly, are more liable to insanity than men: and this will be obvious, when it is considered, that though they are, from the state of our manners, much more temperate than men, and, consequently, less exposed by imprudence, yet greater numbers are afflicted with it.

They are particularly liable to it at the time of child-birth. This, I think, is generally owing to the improper customs that prevail, and the want of previous care. If, during pregnancy, there is an appearance of phlethora, or fullness of the blood vessels, a little blood should be taken. I have heard a woman object to this, upon the foolish plea, "If I am bled now, I know "I must be bled every time I am in the fa- "mily way." Supposing this to be the case, of what great consequence is it?

A cool regimen should be observed, and no food used but what is easy of digestion. Great care should be taken to guard against costiveness,

costiveness, particularly towards the last. But the most preposterous of all customs, and which prevails in this country, is, that of plying women with ale, wine, and even spirits, during labour:—no wonder, if insanity, or inflamation of the brain, follows as a natural consequence.

Neglecting to put the child to the breast soon as possible, may be attended with bad consequences. Nature points out the milk of the mother, as most proper for the first food of the child; yet, I have frequently known it to be three or four days, before an attempt was made to put the child to the breast, under the foolish pretence, that no milk was come.

Another cause, no doubt, arises from the force of imagination. Women, in a state of pregnancy, are particularly apprehensive, if they hear of any one in the same situation being afflicted with it. The dread of it may contribute more than anything else, to what they fear. I knew a lady who had either nine or ten children, and she was de-

ranged

ranged soon after being delivered of each of them. It was thought, that her apprehensions, after the first, contributed very much to what she dreaded.

There is generally a consolation in female cases, from the principal cause being apparent; and when this is properly attended to, a cure is more easy. The lady above alluded to, recovered each time in about three weeks; yet they were all unquestionable cases of insanity.

It may be observed, finally, that whatever will occasion a bad cold, a bad head-ach, or cause the loss of sleep, by being often repeated or long continued, may be the cause of insanity; and the loss of sleep may be a good criterion by which to judge of the danger in this point of view: it is generally one of the strongest symptoms at the beginning; and it has been said, that the continued loss of sleep would invariably end in madness.

CHAP.

## CHAP. III.

### SYMPTOMS.

UNDER this head, I cannot do better, than quote the words of the judicious Mr. Haslam; as I am well convinced they are the result of attentive and accurate observation.

"They first become uneasy, and incapable of confining the attention, and neglect "any employment to which they have been "accustomed; they get little sleep, they are "loquacious, and disposed to harangue, and "decide promptly and positively upon every "subject that may be started.

"Soon after, they are divested of all restraint, in the declaration of their opinions "of those with whom they are acquainted. "Their friendships are expressed with fervency

"vency and extravagancy—their enmity, "with intolerance and disgust.

"They now become impatient of contra-"diction, scorn reproof for supposed inju-"ries, and are inclined to quarrel and fight "with those about them. They have all "the appearance of persons inebriated; and "those unacquainted with the symptoms "of approaching mania, generally suppose "them to be in a state of intoxication.

"At length, suspicion creeps in upon the "mind: they are aware of plots which had "never been contrived, and detect motives "that were never entertained. At last, the "succession of ideas is too rapid to be exa-"mined: the mind becomes crowded with "thoughts, and indiscriminately jumbles "them together.

"Those under the influence of depressing "passions,[a] will exhibit a different train of "symptoms. The countenance wears an "anxious and gloomy aspect: they retire "from the company of those with whom "they

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[a] Vide Note 14.

"they had formerly associated: seclude
"themselves in obscure places, or lie in bed
"the greatest part of their time.

"They next become fearful; and when
"irregular combinations of ideas have taken
"place, conceive a thousand fancies—often
"recur to some former immoral act which
"they never committed, or imagine them-
"selves guilty of crimes which they never
"perpetrated:—believe that God has aban-
"doned them, and with trembling await his
"punishments. Frequently they become
"desperate, and endeavour, by their own
"hands, to terminate an existence, which
"appears to be an afflictive and hateful in-
"cumbrance."

To these may be added, that there is a strangeness in their looks, approaching to a squint; and as the disease gains strength, the eyes appear glazed, and often blood-shot. They are remarkably quick of hearing, and listen with attention to every thing that passes.

After it is so far broke out, there is little danger

danger of mistaking insanity for any other kind of delirium. That arising from inflamation of the brain is the most like it, and frequently terminates in insanity: but while the inflamation continues, the state of the pulse will sufficiently distinguish it.

Without attempting to explain the reason, it may be proper to mention, that insanity, at the beginning, frequently discovers itself by the actions, while the language is quite correct, and in a state of convalescence.—The actions are frequently correct, while the language is that of insanity.

But it will be proper to attend to several symptoms that are less decisive, and such as appear previous to any delirium or act, positively indicating this disease.

The first thing that would arrest my attention, would be, hearing any one complain, that he could not get something out of his head—perhaps some trifle not worthy to occupy the thoughts at all,—much less to engross them; yet every person is asked his opinion, that falls in his way. Still no useful

ul investigation takes place; no progress is made, or any thing relating to it decided upon; and the whole frequently ends in nothing, but suddenly gives place to some new whim.

People in this state, are fretful and passionate about trifles; and out of temper particularly with those who, perhaps, formerly, were their greatest favourites. They are, at times, remarkably timid; and often express an extreme hatred and dread of some person, without the least cause; and will seek protection from very inadequate means.

They will sometimes suffer themselves to be dictated to by a child, to an uncommon degree; and pay an undeserved respect to a child's opinion. If they drink any thing strong, it has more than its usual effect, and they are more than usually inclined to drink. If they sing or talk earnestly, they have generally some awkward motion of the hands, feet, or head, during the time. They have often some singular opinion in politics or religion, which they unseasonably

intrude

intrude into all companies. They frequently complain of head-ach, or disagreeable heat upon the top of the head; will often lay the hand upon the place, as if involuntarily. They also complain of a pain in the stomach. They show a disinclination to labour; yet, when stimulated to action, pursue it to the utmost stretch of power. They walk with an irregular and hurried step; lose their sleep, particularly towards morning,—rise at unusual hours,—and set about any work at improper times.—Cold feet, and costiveness, are usual symptoms.

Some little address, is at this time necessary, and by the use of opening medicines, temperance, light food, and, above all, cheerful company,[b] particularly those of superior rank, and such as have the most influence, are of the utmost consequence. A change of scenes, and variety of amusements, with the other means, may entirely ward off the impending evil.

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[b] Vide Note 15.

It is not to be understood, that the above are absolute symptoms of approaching insanity. No doubt, many will shew them, hat are in no danger of the complaint; but hey are such as should put their friends upon paying particular attention; for in many cases, where the symptoms are as plain as possible, those about them have not the least suspicion of approaching insanity; and weeks, and even months, run on, during which, the complaint gathers strength every day, and the opportunity of preventing it is lost.

I have been frequently astonished at the extreme stupidity of the whole family, in this respect, and have more than once exclaimed, that I never saw a mad person in a family, where all the rest were not fools: but this may proceed from the very great reluctance, to be convinced that this is actually the complaint. It must be noticed, that in the attempts to prevent it, where the symptoms are sufficiently apparent, no mention must, on any account, be made of insanity;

insanity: the necessity of taking a little medicine, may be pleaded upon the looks being altered; or any pretence but the real one. When insanity comes on by degrees, which is often the case, it is certainly a great reflection upon the friends and relations, if no attempt has been made to prevent it.—But it unfortunately at times gives no previous notice.

It appears that some have a wonderful power of concealing from observation the previous symptoms. I have known several instances, where, from the most apparent state of perfect rationality, the person became all at once the most furious maniac. Some of these cases took place while the person was on horseback, after hard drinking, immoderate exercise, or having been very much agitated by some violent passion. But it may be expected, that a proper attention to the above, may enable those that are in danger, to see it themselves in time, to be sufficiently aware of the consequences, and to use means to prevent it.

I have known some, whose symptoms were very evident, use means themselves, that were effectual for preventing it during their whole lives.[q] And it is my firm opinion, that in nineteen cases out of twenty, sufficient notice is given, either by visible symptoms, a presentiment, or dread of the complaint.

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[q] Vide Note 16.

## CHAP. IV.

## *MANAGEMENT.*

HE, who undertakes the government of madmen, should himself be wise: for it not only requires firmness of mind, and patience, but also some degree of acuteness, and invention, to detect and circumvent that extreme cunning, and proneness to mischief, of which maniacs are to such a surprising degree capable.

Humanity is an absosute requisite. By humanity, is meant, that he who has the management of the insane, should be determined upon doing all the good possible, with the least possible suffering to the patient: it does not imply, that he should be restrained from exercising due authority. A late writer forbids the use of the whip,

yet

yet recommends a mode of punishment, far more objectionable. If any sort of punishment is to be used, the whip is undoubtedly the best, as being the most prompt, and least disagreeable in its consequences; nor is the temporary pain it may occasion, to be brought into competition with any good it may do, if it be really found of use. But there can be no rule laid down: in five cases out of six, the whip is useless; yet, in some, it is absolutely necessary and beneficial: it should never be used but as a punishment for violence, or extrememe rudeness.[r]

If a lunatic offers to strike the attendant, and immediately receives a few stripes of the whip, he either sees the justice of the punishment, or the consequences of his act, and is generally soon restrained; but nothing can be more foolish, than the attempt to enforce obedience to orders, such as taking of medicine, by the use of the whip: it only begets opposition and obstinacy.

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[r] Vide Note 17.

His usual language is, "What right have you "to force your doctor's stuff upon me? I don't "want it; take it yourself; you stand more in need of it than I do." It is ridiculous to attempt to persuade, or convince by argument; you might as well attempt to extinguish fire, by throwing upon it oil, or gunpowder. The best way, is, to have immediate recourse to spouting:[s] there is no difficulty in this, to those who know their business; and no suffering to the patient worthy of attention. It may be performed very well by two persons in five minutes—it should always be prefaced with words to this effect: "I am "extremely sorry to be under the necessity "of using force, but my duty obliges me to "see that you take this medicine; I wish not "to hurt you, but I have no time to lose;" and directly set about it. If the patient finds that the manager can perform what he undertakes, and does it dexterously, he will seldom give any trouble, more than a few times at first.

these

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[s] Vide Note 18.

These things may seem trifling to the reader, but are of real consequence to those who have the care of the insane; and the better the methods, the more chance there is, that patients of this sort shall have justice done them.

One of the first medical men in this kingdom, and whose situation enables him to make valuable experiments, lays it down as a rule, never to force any medicine upon lunatic patients; the consequence of which, is, that not one in ten of those brought under his care, derive any medical assistance from his knowledge; when, at the same time, not one in ten would make any resistance, more than a few times at first.

It should never be lost sight of, that, in case of recovery, the patient remembers the whole of the usage during illness. A strict regard, therefore, should be paid to propriety of behaviour, particularly in the case of females: no improper liberties should be allowed; and the same regard to delicacy should be observed, as if the patient was

perfectly

perfectly well. The apartment should never be entered by the other sex, till proper notice had been given. In short, whatever observances of delicacy are due to the sane in mind, should be strictly observed to the insane. This is of much greater importance in point of a perfect cure, than has generally been thought.[t] A female attendant, of delicate manners, and of matronly, indulgent feelings, is indispensably necessary.

The manager should be duly impressed with the importance of his situation,[v] and the dreadful nature of the complaint;[w] with a full determination to do all in his power to relieve it.

But it was not my intention to give instructions to keepers of mad-houses, who, it may be presumed, know their duty better than I do.[x] I intended only to give instructions to private families, where this misfortune happens, and where they have no opportunity of sending the patient to a proper place of reception.

I will

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[t] Vide Note 19. [v] Note 20. [w] Note 21. [x] Note 22.

I will suppose the worst possible case; that of the master of a family being seized with insanity. As there is no intermediate state, betwixt that of being master and that of actual confinement, it makes the case considerably worse. Others may frequently be kept under proper restraint, without confinement. Yet, I have known an instance, where the steady and virtuous resolution of a wife, has been able to do all that could have been accomplished as to management, in the best regulated mad-house. Such conduct is highly commendable, and serves to exalt the female character.

After the nature of the complaint is sufficiently ascertained, no time should be lost in making him secure. Some person should be employed for this purpose, that may be trusted to make all fast; for as he will be irritated to the highest degree, his breaking loose might be attended with fatal consequences to himself and others.[y]

Nothing can at first be depended upon, but

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[y] Vide Note 23.

but locks to the hands and feet; and strong chains, with staples drove into timber. All sharp instruments must be carefully removed. He must be kept out of the reach of the window, the light of which should be a little darkened by a green canvas or thin cloth: total darkness is hurtful. As he cannot be trusted within reach of the fire, the room should be kept moderately warm. An exposure to cold, must be carefully guarded against. No attention is to be paid in this to what the patient says, who may possibly complain of being too hot, when he is actually suffering from cold.

The room should be kept still as possible, and be out of the sight of passengers; nor should any of the neighbours, from idle curiosity,[z] be suffered to see him on any account. Indeed none should come near him, but such as are absolutely necessary. The family should not mention the complaint in his hearing, nor, indeed, make him the

subject

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[z] Vide Note 24.

subject of conversation at all, unless to answer some useful purpose. In general, what is said concerning him in his hearing, makes a much greater impression than any thing spoken to him. He is constantly listening, and is remarkably quick of hearing.

No provoking or contradicting language should be used. Indeed, it is quite the best way, to speak to him as little as possible; and not to take the least notice of, or make any reply to, his rambling talk.[a]

His food should be given him in something that will not be injured by being thrown out of his hands. The room should be kept clean and sweet, as the nature of the case will admit of; the body clean; and, of all things, the feet must be kept warm.

It will be extremely useful, to pretend, that all this is done by the express orders of some person of consequence in the neighbourhood.—Most likely, before he was confined, he was guilty of some rashness, or threatened some one. A pretended order

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[a] Vide Note 25.

der from a magistrate for his confinement, may be produced; as also for his taking medicine, or whatever is required from him. This will be found of the greatest use, and takes off the odium from the attendant. It is astonishing what trouble a scheme of this kind will save.

It may be observed, that cowardice, or timidity, is an almost constant attendant of the complaint; so that it is only shewing a little resolution, and boldness of manner, to effect what is necessary: but if he finds that the attendant is frightened, he will give much more trouble. It may be useful, to let him over-hear some of the pretended orders from the magistrate, and not speak of it directly to him. For some time, no attempt should be made to loose him, or take him out of the room, whatever may be his request, or the appearances of being better. It may be pretended, this cannot be done without an order from a magistrate. There is nothing in which relations and friends are so likely to err, as in this. He appears

better,

better, talks reasonably, and declares he will not hurt any one. They feel inclined to give him credit for what he says, when, at the same time, he is only meditating some dreadful mischief to himself or friends.

It may be observed, that exercise in the open air, and the sight of new objects, however useful when the patient is partly recovered, are of no advantage while confinement is necessary. Before these can be useful, the actions must be correct, and the language in some degree so; and before any applications to the mind can be of use, the mind must be in a state to make rational observations; at least, partially so; and this state of the mind does not take place, till the actions are nearly, if not quite correct: but so soon as he is capable of taking a rational notice of what passes, generally, (for the very worst will do this for a few moments,) and when the eye speaks with some degree of intelligence, then all that is possible should be done to amuse him.

They

The person that attends, should endeavour, by every possible means, to obtain a complete ascendancy over him; and this may be done by a firm and even commanding manner; for as they recover, they become conscious of their own weakness; or, perhaps, it is the timidity that is so constant an attendant of this complaint, that makes them give themselves up to be guided by others.

The attendant should observe the opportunity, and make a proper use of it. If he talks rationally for a few moments, he should be encouraged by an approving smile and manner,and his thoughts helped out; but the sebject should be often changed, and lead to something that is plain and simple, and which he is likely to understand. Whenever he begins to ramble, he should be immediately checked by a reproving look, and silence. An attentive observer will know by the looks, before he speaks, whether it is proper for him to proceed; but nothing in the way of reproof should take place

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before

before company; this will do harm. They have a wonderful power of restraining from rambling, but it seems to require a painful effort, and they appear to be relieved by returning to it again. I have known patients so conscious of this, that they have framed an excuse for their rambling, by saying, they did it to frighten some one, or they did it for the joke's sake. There can be no doubt, but that this restraint upon their wanderings must be highly useful in the way of a permanent cure; though lucid intervals, when the effect of a particular medicine, are frequently of no use, yet it certainly must be proper to encourage them by management as much as possible.

I have myself gained such ascendency over a patient, that his conversation was perfectly correct in my presence for several weeks, before it was so in my absence: the moment he was sure I was out of hearing, he would begin the most visionary tales, and request the hearers not to betray him to me. If I surprised him in such talk, he

would blush, and change his discourse instantly. I thought that the command I had over him, contributed greatly to his complete recovery.

If the patient is suffered to read, it should be something that is short, and not likely to engage his attention too intensely.[b] He should not be over heated by exercise, or be exposed to the cold, nor suffered to drink any thing strong. Care should be taken that he is not disturbed in his sleep, and that he does not sleep with his head low. A number of things must be left to the judgment of the attendant, according to temper, and other circumstances. Great care should be taken in a state of convalescence, that he is not too soon hurried by company, or serious business.

I must repeat, that it requires great firmness of mind, and patience, to do justice to these cases; but where these are properly observed, and proper medical means persisted in, success may with confidence be looked for.

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[b] Vide Note 26.

for, with far greater confidence than the gloomy reports of Bethlem would warrant.[c] Let those engaged in cases of this nature, fail not to pray for a blessing upon their endeavours, to that God who can turn darkness into light.

It may be observed, that though the attempt to manage and cure patients in their own families, is attended with greater trouble and difficulties than would be met with in a well regulated mad-house; yet I by no means think the latter the most elegible for a complete restoration to soundness of health and reason. I should advise, that all patients, so soon as they can be managed without any coercion, be removed to the bosom of their own families; and the attention of an affectionate wife or husband, brother, sister or friend, may, with proper instructions, be able to do much more, than can be expected where there are numbers to attend to: and no company can be more improper

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[c] Vide Note 27.

improper than the insane, for those who are in a state of recovery:—but while in a furious state, a mad-house is by far the best.

Though I contend, that proper medical treatment is of the utmost importance in the worst stages of the complaint, and is what must lay the foundation of a cure; yet, I have always considered a complete recovery, as depending more upon proper moral treatment. Nor is it at all times necessary to continue the use of medicines till a perfect cure is effected. Convalescence, though occasioned by medicines, will frequently go on after they have been discontinued, if the mind is kept upon the alert, by the constant stimulus of variety of objects, and rational, yet cheerful conversation, and the company of those that have the most influence. On the other hand, was I desired to say, What would most effectually prevent the recovery of a mad person; I should most certainly answer, Exposure to the cold, and the constant company of others that are mad. Yet this is the very state in which the insane

sane are kept in the public mad-houses: to what purpose, let the reports of those places tell.

It is an additional misfortune, in this disorder, in the lower walks of life, that such as have been afflicted, are avoided, and rejected as servants. This is an unnecessary cruelty; for they most frequently make the best of servants; nor should I at all hesitate to take them myself, or recommend them to my friends. On this account, in the practice I have seen, it was always considered as a duty, to give every patient that recovered, such instructions, as, if observed, would effectually prevent a relapse; nor did I ever know any that did relapse, where these instructions were properly attended to.

Though I might not think it proper to advise any man, having been afflicted with this complaint, to enter the married state; yet, I should not by any means think it necessary to give the same advice to the other sex. I make no doubt, but that many worthy females have been doomed to a sin-

gle life from fears of this sort, that would have made the best of wives and mothers, and far better than if they had never been afflicted. Of this I have known many instances.

Humility is a quality which men wish for in a wife. This complaint cannot so properly be said to teach humility, as to implant it in the very nature. But it seldom happens, that any man, having been insane, is afterwards able to conduct himself with any degree of propriety, as a husband, master, or in any situation of authority. But where they can look up to a head or director, and are properly treated, the danger is much less than is generally apprehended.

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CHAP.

## CHAP. V.

## FOOD.

IT is doubtful, whether the articles of food, and treatment, have been sufficiently attended to, in other complaints. Most certainly they have not in cases of lunacy; yet their importance in all chronical disorders must be obvious; and they are of so much consequence in this, that I have seldom known medicine do much good where they were not properly attended to; and have frequently known them succeed without medicine.

It is of the utmost importance, to point out what is hurtful; and, as it is as easy to abstain entirely from a favourite article, as to use it very sparingly, it will be the best to prohibit, absolutely, the articles of butter, cheese, salted meat, rich soups and sauces, rich

rich pastry, and all kinds of windy or flatulent food, and such as is hard of digestion.

Strong drink, must be carefully avoided; particularly ale and spirits. Milk, whey, pottage, onion pottage, gruel, tea, flour-bread, rice puddings, potatoes, fruit of all kinds if good, chickens, and fresh meat in small quantities, will furnish a sufficient variety of food. Whey, made from cheese, or made by breaking the milk with vinegar, is proper for drink. All acids are proper and beneficial: sugar should be sparingly used: honey may be considered as useful.

It must be understood, that both the meat and drink, should be as sparing in quantity, as the constitution and former habits will admit of; but not so as to occasion the painful sensation of hunger or thirst. No good can be rationally expected from that. Fruit is highly useful, but it should be considered as part of the allowed quantity of food; not given in addition to it. A little at a time, and more frequently, is better than full meals. Sea biscuit, when the

the patient complains of hunger, is proper.

The drink should be sharpened with vinegar, lemon juice, or lemon chrystals. It has been said, that vinegar alone has cured insanity; and I do not think it improbable.

As repletion, or too great a fulness, is thought to be one of the great causes of the complaint; it has been argued, that depletion, or emptiness, would alone be likely to produce a cure; but facts do not warrant any such conclusion. In that case, those patients who refuse food,[d] would recover; and bleeding alone, might be considered as a specific.[e] But neither of these, it is well known, will answer the purpose.

The object should be, an alterative system, to improve the blood and juices, and regulate the circulation. This may require, that the quantity should be made less, and the quality attenuated or thinned: for in our general habits, both our meat and drink are of a more stimulating quality, and taken in larger quantities, than nature requires. It

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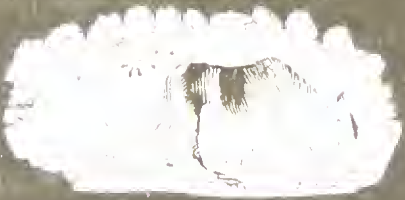
[d] Vide Note 28. [e] Note 29.

It is absolutely necessary to avoid this in the treatment of the insane; and this may be as far as is allowable; for extremes the other way may be hurtful.

Where there is an evident appearance of debility and want of appetite, a glass of good wine may be requisite; and where the patient begs hard for a glass in the evening, very little danger is to be apprehended from indulging him with a little weak common gin and water, made warm, sweetened with honey, and sharpened with lemons. Smoaking, taking snuff and tobacco, must be allowed with great moderation.



## CHAP VI.

### *MEDICAL TREATMENT.*

WHETHER it be that insanity has been less attended to by the faculty, or, whether it presents more difficulties to the medical enquirer than others, is what I cannot pretend to determine; but, most certainly, there is no complaint in the treatment of which so much erroneous practice has prevailed: and it may be of equal, if not more importance, to point out what is likely to prove hurtful, of those methods that have been recommended, than to give a long list of remedies of supposed efficacy.

It would be a great point gained, if the practitioner could truly say, "I will give nothing that can possibly do harm;" yet, surely, this is not too much to expect from the

the science of medicine, in chronical cases.

I should suppose it will scarcely be necessary to insist on the bad effects of opium in this complaint: Dr. Rowley, and Dr. Cox,[f] having said sufficient on this head. Neither laudanum, nor any other preparation of opium, is, on any account, to be used. And, notwithstanding one of these gentlemen recommends, rather inconsistently, I think, the use of digitalis[g] or foxglove, I consider it as a most powerful and dangerous medicine;—let no one dare to use it, but such as have a thorough knowledge of medicine; and for such this treatise was not intended. Indeed, it is doubtful, whether it would be possible to prove, that any narcotic, or sedative drug, is of permanent advantage in these cases. The only pretence for the use of narcotics, is, the want of sleep; but the reader may rest assured, that it is not that sleep which can be procured by the use of sedative drugs, that will be

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[f] Vide Note 30. [g] Note 31.

be of any advantage in lunacy. When the system is sufficiently relaxed, there is seldom any want of sleep.

The internal use of camphor, has been highly extolled. I have my doubts, whether it be of the least service, administered in this way. Blisters upon the head have been recommended: whether it be from the irritation they occasion to the mind of the patient, or from irritation or inflamation on the part that it arises, I cannot say; but so often as I have seen them used, they uniformly appeared to do harm. Nearly the same may be said of bleeding in the temples: the patient seems quiet while the blood flows, but is generally worse afterwards. This may arise from nearly the same cause as in blisters: there is some degree of inflamation in the part, after the flowing of the blood is stopped. Yet, I have seen instances of bleeding at the nose appearing to do good; and this may be promoted, where it can be done without much trouble.

Cold bathing, and the long continued ap-

plication of cold to the head, has been recommended. That cold bathing, as a sudden shock, may, in some cases, be useful, I am willing to admit; and, where it is practicable without much trouble, it may be tried; but, to think that long continued cold applied to the head,[h] or any part of the body, should be of any advantage, is truly ridiculous. That all the secretions should be gently promoted, there can be no doubt; and this forbids any such practice.

The patient should be kept moderately warm. The long continued exposure to a cold atmosphere, I have been taught to believe, would most effectually prevent a cure; and it stands to reason, if the patient is taking opening medicines, and is often naked, which is frequently the case. That perspiration is decreased in this disease, there is no doubt; to restore it should be the object; not to check it.

As mercurial medicines are sometimes supposed to be the cause of this complaint, a strong

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[h] Vide Note 32.

a strong objection lies against the use of any preparations of mercury, in the attempt to cure it; nor does there appear to be any necessity for any thing in this class of medicines.

Much learning has been displayed, in the attempt to prove the absurdity of treating a number of maniacal cases in the same manner, without regard to exciting causes, state, and nature of the complaint, and the constitution of the patient. With respect to the constitution, I should suppose that no person would pretend to practice, without due regard to that; but, pretending to judge by the exciting cause, and the appearance of the disorder, is involved in too much uncertainty to be of any great use, and it will be found much more safe; to act upon general principles, as to treatment.

In nine cases out of ten, too much stimulus of one kind or other, is the cause of the complaint. A general system of relaxation, so far as the constitution will admit without injury, may therefore be laid down as

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the best general rule. Even in cases that had the hypochondrical appearance, and which might ultimately require the tonical treatment, I should use the relaxing system for some time at first. Nor, is it at all more improper, to adhere to one plan of treatment in this than other disorders. The disease may be determined with as much certainty as any other; and the causes that should require a variety of treatment, are more uncertain: be that as it may, I honestly confess that I have very little variety of treatment to recommend.

Whatever the appearance of the complaint, or constitution of the patient, if a fit subject for a trial, the beginning must be with purges; and it may frequently be necessary to continue these for weeks, or even months: their strength to be regulated by the constitution. But there is very little danger of their being too strong, for those labouring under this disease, will not at all be injured by what would be extremely hurtful to persons of sane mind: of this I have had repeated proofs.

Most families have a predelection for some particular purge, and this may be indulged; for I don't conceive it to be of any great consequence. My favourite, is senna, manna, and rochel salts, in equal quantities; a little boiling water poured upon half an ounce of each, will make three strong doses, or enough for three days. One third of a dose may be taken the last thing before going to bed, and the remainder, the first thing the next morning. A small quantity of juniper berries, and valerian root, bruised, and a few sassafrass chips may be added occasionally: this will improve the medicine, and disguise it. Till the patient will take medicine without spouting, the dose may be given all at once, in the morning.

But other purges may be used at discretion; such as jallaps, aloes, rhubarb, or glauber's salts. So soon as the patient will take medicine without trouble, diaphoretic antimony, flour of sulphur, and cream of tartar, in equal parts, may be mixed up with honey or treacle, and a table spoonful given once

a day, towards the evening; or about thirty drops of dulcified spirit of nitre, may be taken instead of the above, in the evening; or sometimes one, and sometimes the other, agreeable to the humour of the patient. The dose of the purges must be increased from time to time, so as to operate three or four times a day at least.

The warm bath[i] should be used by all means, if possible; or, what is still better, the vapour bath, or Prussian steam-chair. One of these should be used every day, if practicable; the heat of the water from 95 to 110. If neither the vapour nor warm bath can be procured, then the feet and legs should be put into water every night for an hour, as warm as is agreeable to the feeling. On any of them being used, great care should be taken that the patient be not exposed to the cold.

The legs and feet must be frequently well rubbed with a flannel, or flesh brush. If the back, up the spine to the shoulders, is frequently

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[i] Vide Note 33.

[illegible]quently rubbed with flannel, with a smart motion, it will be of great service. If the patient persists in remaining naked, which is often the case, the room must be kept moderately warm, say, from the temperature of 55 to 75, and friction used on all parts of the body; and where the warm bath cannot be had, the body should be occasionally washed in warm water, and rubbed.

If there is an appearance of plethora, or fulness of blood, bleeding will be very necessary; and this, for several reasons, is best in the feet. If a vein cannot be raised for the lancet, which is often the case, recourse must be had to leeches, and this method I prefer: six or eight may be put to the feet, and the bleeding promoted by putting the feet in warm water, when the leeches fall off. If they are tardy at taking hold, a little cream may be rubbed on the part. The bleeding may be repeated every two or three days, so long as it may seem necessary. Female obstructions must be particularly at-

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tended to, and every means used to remove them.

Blisters on the feet would be useful, but it is hardly possible to keep them on: the bottoms of the feet should therefore be rubbed smartly with the flesh-brush, a little flour of mustard being put upon it.

As the circulation is always languid in the lower limbs, the endeavour to increase it by all possible means must be particularly attended to. If the patient could be prevailed upon to use some motion with the feet,[b] it would be beneficial. Clogs, strong shoes or boots should be worn, with warm stockings; and in winter it may be neccessary to fill a stone bottle with hot water, wrap it in flannel, and keep it to the feet.

Care should be taken, that the patient does not lie with his head low; much has been said of the virtue of a pillow of hops; as this cannot possibly do any harm, and may possibly do good, it should by all means be

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[b] Vide Note 34.

be used, so soon as the patient can be prevailed with to sleep upon it; but it will be hardly necessary to use any force for the purpose; the thing does not seem of consequence enough for that. The mouth should be held frequently over the steam of water, as hot as can be bore without inconvenience, say once a day, at least. I generally put into the water a few chamomile flowers and a little rosemary, perhaps a handful of salt, or about one fourth part vinegar would be still better.

The head, particularly the fore part, should be occasionally rubbed with camphorated oil, or spirits of hartshorn. I have known a plaster of crude salamoniac, and common plaster put upon the head, and seemingly have a good effect. I would recommend instead of all salamoniac, equal parts of nitre, salamoniac, and camphor, all finely powdered, and used as a plaster; but the difficulty of keeping plasters on, makes it preferable to use embrocations. I have the most confidence in steaming, of any appli-

tion to the head, though I would by no means neglect the camphorated oil.

After the relaxing system has been followed for a fortnight or three weeks, but not in less than a fortnight, two or three smart vomits[l] may be administered in as many days: these must be given with the following cautions:—Not to use them if there is any appearance of amendment, for then they may do harm; not till smart purges have been given; not if there is any fulness of blood; and with great care, that the patient is not exposed to the cold during the time, and for some time after they operate. If the patient is in the habit of going to bed regularly, night will be found the best time to administer them. Emetic tartar, from the recommendation of Dr. Cox, I should prefer. The most good may be expected from emetics, in the low torpid melancholy; and in these cases, if the patient is roused to raging madness, without the least appearance of returning reason, yet

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[l] Vide Note 35.

yet greater hopes may be entertained, and the good effects of the vomits may be fairly allowed. I would not advise, that more than three vomits be administered till after every interval of from fourteen to twenty days, during which the purges are to be continued.

If the patient shews debility, it may be proper to abate a little of the relaxing plan; but still keep the body open, and with it give the milder tonics. A drink may be made of snake root, valerian, sassafrass chips, and anniseed, bruised; and a little given once a day: a glass of good wine may be given once or twice in the day, and the food may be more nourishing, but in moderate quantities.

It is not the least distressing circumstance relating to this dreadful complaint, that no prognostic whatever can be formed of its probable duration, even in those that give the most confident hopes of a cure. I have known the plan I recommend persisted in for twelve months without any intermission,

before there was the least change perceptible; yet after that, the patient perfectly recovered without any change of treatment, married, become a parent, and lived upwards of thirty years after, and never relapsed. In another instance, the same means commenced the day following that on which the disorder was first perceived, and persisted in for six months before there was any appearance of amendment; yet this patient perfectly recovered in something less than twelve months; and remains well to this day;—this is thirty-four years since. And I have known the same means perfectly successful in six weeks, with a patient not at all more likely than the others, and who had previously been ill, and very improperly treated for twelve months: yet, in general, the difficulty and tediousness of a cure, is in some proportion to the time that the complaint has continued; or perhaps it may be found to bear a more accurate proportion to the time it had lurked in the constitution; and this in some only a short time; in others, for years.

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There is one consolation where the cure is tedious, and that is, such patients seem more secure from a relapse; and it has always been apprehended in the practice I have seen, that a quick cure would not stand; but I do not recollect any instance of a cure so soon, as not to give time for a very considerable change in the constitution:[*] for in those instances where the recovery was sudden and unexpected, there is reason to believe that a complete change had taken place in this respect, from the time of the commencement of the disease; and the accident which appeared as the cause of the cure, might only be something that brought this change of constitution into complete action, upon the part that was the seat of the disease.

As far as I am able to judge, I cannot say that the methods I recommend, can be said to have a full trial in less than six months; but in the majority of likely ca-

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[*] Vide Note 26.

ses, one third of that time will be sufficient. If no change took place in six months, I should certainly think myself justified in a change of treatment; but not before.

I would then try the effect of sudden shocks, or violent motion; perhaps the first might be done by plunging the patients into water, and make them apprehend drowning; or the appearance of fire might answer the purpose: for the latter, the swing recommended by Dr. Cox might be useful; or making a patient fast in a cart, and driving smartly over a rough road.

I would do nothing but what I could afterwards explain to the patient. All pretences to supernatural appearances are objectionable; they will either leave a disagreeable impression on the mind of the patient, or make the actor look extremely ridiculous in his eyes.

If these measures produced no alteration, I would try repletion, and fill the vessels full as possible, by good living, and even make the patient drunk; and when this

was accomplished, re-commence the first plan.

It has been said, that the expressed juice of ground ivy will cure madness: I have no faith in this; but when other means have failed, it should be tried: three spoonfuls is ordered for nine mornings together.

None of these violent measures should be had recourse to, till the others had been rendered hopeless; nor is it at all likely, that they would be of use in the beginning. And no change should, on any account, be attempted, if the patient appears in a convalescent state. In this, great patience must be exercised.

It will be proper to make particular remarks at stated periods, and compare them; once a week may be a proper interval; and if the least amendment be perceived, to go on in the same way. Changes too soon in medical treatment, are dangerous, in a state of convalescence; I have found them so.

It must always be understood, in the relaxing system, that due regard be not only

had to the strength and constitution of the patient, but that sufficient time is allowed for the medicine to operate a change as an alterative. I have known an instance, where all the measures used, appeared proper; but they were administered with so much violence as to cause the death of the patient, before time was given for amendment.

It must be understood, that insanity is a chronical complaint, and cannot be expected, like fevers and inflamations, to terminate in a few days: and however tedious, nothing can justify the giving up all attempts, and pronouncing the case incurable.[a] No medical man can take upon him to say, that any case of this kind is incurable; it is well known that patients have recovered after being afflicted many years; and can it be just or humane to doom an unhappy fellow being to chains for the remainder of life, on the bare probability of not recovering? In all complaints where the will of the patient

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[a] Vide Note 37.

patient is consulted, it is usual to persist in the use of means to the very last; and why should it not be so in this? It is not only a reflection upon the science of medicine, but upon human nature, that so many poor creatures should have been pronounced incurable, and from that time treated in such a manner as to prevent all chance of recovery. It proves that tenderness and compassion, even to our nearest connexions, are but too often short-lived virtues.

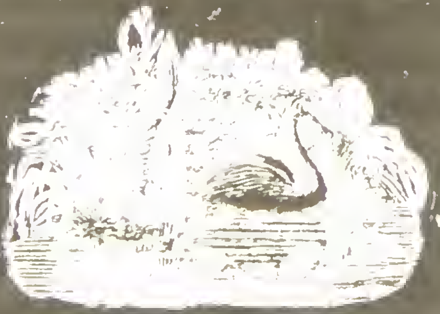
I will now recapitulate the whole of the treatment I have recommended: (*viz.*) In management, to observe a firm and humane treatment; to allow of no disputing, or irritating language, and never to use coercion but when absolutely necessary; to observe the first advances to convalescence, and apply proper mental remedies, so soon as the case will admit of their being useful; to give light and healthy food, in small quantities; to allow nothing strong to drink, unless justified by debility. In medicine, to avoid all kinds of narcotics, and at the beginning

ginning all tonics and stimulants; to use purges without intermission; to use the warm bath, and pediluvia; to use frequent friction to the legs, feet, back, and other parts of the body; to hold the head over the steam of warm water; to use solvent, and antispasmodic embrocations to the head; to encourage perspiration, and the secretion of urine; to allow the patient to sleep undisturbed; to use vomits with caution, and the cold bath only as a sudden shock; and to take care that the patient is not exposed to the cold: above all things, to have great patience and perseverance.

I hope in what I have said, that I have been sufficiently plain to be understood, which, in point of language, has been my only object. I have great confidence in the methods I recommend, and this confidence is founded on the proportionate numbers that have recovered, under this, compared with what I have been able to learn of the success of other modes of treatment. So far I am entitled to attention, if not credit; nor

nor are the scientific reasonings of learned writers entitled to credit, unless confirmed by successful practice.

It is a natural question, Who is this that writes with so much confidence? The question is of no importance in the cause of truth. I have given a sufficient reason, in my preface, for not affixing my name, and I could give others, was it of consequence to the reader. I expect very little advantage from what I have written, except a trifle of self-approbation; yet it is not many years since a more fortunate person than myself, refused a thousand guineas for the disclosure of what these pages contain.



# APPENDIX.

# APPENDIX.

## NOTES.

### 1. PAGE 2.

"—— —— But know, that in the soul
"Are many lesser faculties that serve
"Reason as chief: among these Fancy next
"Her office holds; of all external things,
"Which the five watchful senses represent,
"She forms imaginations, airy shapes,
"Which reason joining or disjoining, frames
"All we' affirm or what deny, and call
"Our knowledge or opinion; then retires
"Into her private cell, when nature rests.
"Oft in her absence mimic Fancy wakes
"To imitate her; but misjoining shapes,
"Wild work produces oft, and most in dreams,
"Ill matching words and deeds long past or late."

MILTON.

## 2. PAGE 2.

THE Doctor being requested to give a definition of madness, answered, "It is when fancy is not under the "control of reason; as, in a dream, your fancy roves at "will; so, when awake, your fancy is constantly at "work; and if you was to speak all that rises upon your "brain, you would be thought a madman; but your rea-"son enables you to select those ideas that are fit to be "uttered, and to suppress the rest; but mad people "have lost this power."

I know a gentleman, who suddenly recovered from insanity, in consequence of a violent shock, the effect of a heavy fall. He seemed to awake, as if he had been walking in his sleep, and said, that it appeared as if he had been in a long and troublesome dream; but had no idea that it had continued longer than one night, and expressed the greatest astonishment, when told, that time had stolen a march of three years upon him.

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## 3. PAGE 3.

IT might perhaps be a useful enquiry, in cases of insanity, whether it began with mental derangement or mental illusion. In the former, which I have good reason to believe always proceeds from bodily causes, the patient talks incoherently and wildly upon all subjects.

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In the latter, which may in part be occasioned by some strong and morbid impression upon the mind, the patient appears, upon common subjects, quite rational; yet persists in some strange illusion. These may generally be considered as hypochondrical cases, but they often terminate in complete insanity. They are mostly tedious, and sometimes hopeless; but unless the illusion tends to something dangerous, it would be hard indeed to treat such as insane, or even consider them in that light. It must be from the illusion tending to something dangerous, or from its aggravating circumstances, that we are justified in pronouncing it insanity. If a man was to tell me that he believed in the existence of fairies or witches, I should not think this alone sufficient; but, if he told me that he was constantly in the habit of seeing the former dance, and being entertained by their music; or, that the latter were continually doing him mischief; I should have good reasons for supposing him mad.

We may often make great allowances for mental illusion. I was once told by an acquaintance, on our return together from a funeral, that while the service was performing, he actually saw the deceased sit upon the side of the grave, and that he smiled as if in contempt of the ceremony: I gave him full credit for believing what he told me, without at all imputing to him insanity. But both he and the deceased had been disciples of Emmanuel Swedenburg: they had reasoned themselves into a belief, that such appearances were

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not only possible, but even common; and though I considered it an illusion of the brain, he believed it to be a real appearance.

When these illusions turn upon the disordered, fancying that they are afflicted with some bodily disease, the most accurate medical men are liable to be deceived. I know an instance of a very skilful practitioner believing that his patient was afflicted with hydrophobia, yet the event proved he was mistaken: and there is reason to suspect that the case of Lindsay, as related in the Philosophical Transactions of Manchester, was of this kind; and this might be the case without any reflection upon the judgments of those medical gentlemen that attended; for it would require supernatural powers to be always right in such cases. Most certainly there is nothing in those reports, to disprove its being a case of hypochondrical insanity; and it is much more probable that it was so, than either spontaneous hydrophobia, or hydrophobia occasioned by the bite of a dog, which took place twelve years before. I have seen a case myself, where the patient seemed to have really lost the power of swallowing, yet he lived to convince me, that it was nothing but a morbid impression upon the mind.

## 4. PAGE 5.

A MANIAC being asked, in an insulting manner, what he was in chains for; replied, "Because it has "pleased

"pleased God to deprive me of what thou didst never "possess; I mean understanding."

A gentleman calling to see a maniac, said to the keeper, in his hearing, "Does he know me, sir?" The keeper answered, "Yes, sir, he knows every body." upon which the maniac set up a loud laugh. "What "do you laugh at?" said the keeper. "Why," said he, "I don't know every body; but I know all those I had "used to know."

Having once made a change in a medicine, I was particular in my enquiries as to its operating. I heard the patient say, "Damn him, he wants to make experiments upon me, that he may know how to cure "mad folks."

Having once a patient so furious that no barber durst go near him, and his beard adding to the horror of his looks, having worn it several weeks, I was determined to shave him myself. After having made him fast for this purpose, I expressed a doubt, whether I should be able to perform the operation, having, I said, never attempted to shave any one but myself. "Why, thou "fool," said the maniac, "if thou canst shave thyself, "thou mayest certainly shave me, now I am made fast "hand and foot, and my head too; but take care I "don't bite thee."

A maniac repeating the question, "What brought "me to this?" I answered, without thought, "Your "pride, sir." I shall never forget his looks of intelligence, while he spoke as follows: "Give me your

"hand,

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"hand, my good sir; I have said that you must be mad "for keeping me chained in this manner; but I was "mistaken; you are a wise and understanding man; "for if pride be my complaint, you have taken a most "excellent way to cure me: these chains, strait waist-"coat, this dark room, low keep, and medicine, will "cure pride, I'll warrant."

A keeper having punished a maniac, was cursed by him heartily, in a language that the keeper did not understand.

There is nothing remarkable in the above, only as having been spoken by maniacs of the worst class, while bound hand and foot. It may suggest another mode of trial in disputes respecting insanity. Many will give rational answers to any question, who are far from sanity, particularly when roused by the appearance of those in authority; and for this plain reason; the question proposed, in some degree, suggests the answer; at least, it strikes out that train of thoughts that may lead to the proper answer. But if the same person was required to propose a number of questions; by doing this, the mind would be thrown upon its own powers, and the mental weakness, or derangement, might sooner be discovered.

## 5. PAGE 11.

IN a late case of insanity, I was told by the relations, that it arose entirely from some very ill usage the patient

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received from a neighbour: not being satisfied with this, I made further enquiries, and was assured by an intelligent neighbour on whom I could depend, that he had seen certain symptoms of the complaint, long before the affair which they alluded to, happened.

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## 6. Page 15.

THIS brings to my recollection a circumstance, at which a worthy relation and me have often laughed together. A young woman, living servant in the neighbourhood, came to him, requesting his advice; she gave a most strange and contradictory account of her complaint; but her wild looks and strange manner convinced the doctor, that if she was not then a fit subject for a mad-house, without care ſhe soon would be: she therefore underwent a course of medicine, and soon quite recovered. Some time after, the doctor meeting her alone, and stopping to enquire after her health, she hung down her head, and said, "If you will not betray "me, sir, I'll tell you a secret." Upon his assuring her that he would not, ſhe said, "Why sir, that physic that "you given those mad folks, is very comical sort of stuff, "for when I first was sent to you, nothing in the world "of God was the matter with me, but that I was most "desperately in love as ever poor wench was, and your "physic quite entirely cured me: I am now as happy

"as the day is long, and I mind the man no more than "I do you, or any body else." The medicine so effectual in the cure of love, was a vomit, and two or three smart purges.

The fact was, that the girl being desperately in love, was a symptom of approaching insanity; which the medicines prevented.

## 7. PAGE 16.

IF grief or anxiety can be supposed to affect the understanding, it must be by increasing the excitement or irritability of the parts connected with sense, so as to produce morbid affections. Cheerful company, variety of amusements, and laxative medicines, are the most likely to lessen them; wine, or other strong drinks, to increase them. It seems a law of nature, that extreme grief should be attended with the loss of appetite; and abstinence may be intended to counteract that increased excitement of the brain, which grief is calculated to produce; but we seem determined to oppose the law of nature, by pressing the unfortunate to eat and drink more than usual; though it is well known that the most temperate people are much less likely to receive mental injury from misfortunes, or distressing circumstances. Every stimulant of this kind begets consequent debility; and so far as we raise our spirits above par by wine or cordials, so much will they fall below that, when the

effect of them has ceased. It is very different with true mental cordials, (if I may be allowed the expression,) arising from pleasing conversation, and the society of those we love; the pleasing recollection dwells upon the mind, and the good effects become permanent; like good wine taken in moderation in debilitated constitutions, it is not only of present advantage, but also strengthens the habit. But wine can never be a proper application to mental complaints, unless arising evidently from a bodily disorder, which may require its use. If the calm reflections of reason, and consolations of friendship, will not restore us to serenity of mind, it will not be done by stimulating cordials.

## 8. PAGE 16.

A LADY who fell insane soon after child-birth, it was supposed by her friends, became so, in consequence of some family uneasiness. On her recovery, it was determined to make a great christening, she having brought an only child, a son and heir: a great number of her friends were assembled for this purpose, and congratulating her and each other on the the joyful occasion, when it was observed the child was not amongst them, and no one knew where it was: after some search, it was found, completely smothered in a turn-up bed; some one in the hurry of preparation having

having put up the bed, without seeing the child that lay upon it. To a mother just recovered from insanity, one should have thought this would have caused a relapse; but no such event happened; she underwent the most violent agonies of grief, but nothing of insanity.

## 9. PAGE 22.

A CANT phrase, used in mad-houses for a small chain that secures the ancles, so that the wearer can only shuffle one foot before the other, a few inches at a time.

## 10. PAGE 24.

THERE is reason to believe, that this is a more frequent cause, than is generally apprehended. As far as my observations go, it is less frequent in countries where early marriages are encouraged; and no doubt, many a case of insanity may be laid to the charge of that law by which marriage is forbidden, without the consent of those who are sometimes capricious and selfish, till several years after it is rendered desirable by the dictates of nature.

Would the repeal of this law hurt our general stock of happiness, or injure our morals? The motives for marriage must be very urgent, that would induce a child

child to contemn the authority of a parent, and risk the loss of wealth, which are so often in the parents' power. But most likely the motives that would urge on a young couple to such an imprudence, would be at least as justifiable as those by which the parents were actuated in the refusal.

We cannot judge accurately of the influence of any supposed cause, from the state the patient was in at the time of being seized with the complaint; it will be a question, What was the most remote cause? or, What was it that first laid the foundation? For instance; a person in the married state may be seized with insanity, yet the first exciting cause might be something connected with a single state.

## 11. PAGE 24.

IN a neighbourhood where this complaint is very common, the usual supper is bread and cheese, and ale. No food can be more improper for supper.

## 12. PAGE 24.

ATTENTION to the maxim, "Keep the head cool "and feet warm," would in no case be attended with happier effects than in this.

## 13. PAGE 24.

I KNOW a very worthy gentleman, who has a strong hereditary taint to this disease, but who, from a steady life of temperance, has always avoided any danger; is yet of an irritable temper, and when a little ruffled, it has often been observed, that his face, and top of his head, which is bald, turns from the usual pale colour to that of a deep red. This proves, that great determinations of blood to the head take place at such times; and it proves the power of anger, to effect this.

## 14. PAGE 30.

IT may be observed, that the same person will, at different times, exhibit the appearance both of the high and depressing passions; and, in general, those distinctions of insanity, which the learned have endeavoured to establish, arising from the various appearances of the complaint, are both vague and useless. I have known a single patient, who at different times, has assumed nearly all the varieties of mania. At one time he would be so furious, that the stoutest were afraid to approach him; at another time, he would be as mild and placid as possible; at another time, he would ramble, and talk incessantly for several days together; and I was more than once, for the same length of time, under serious

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apprehensions that he had really lost his voice. Some times he would say, that he was perfectly well in health, both in body and mind, yet talk in the most visionary manner, of strange sights that he had been favoured with by the Almighty; at others, his conversation seemed rational in this respect, but he would complain of the most excruciating pains in different parts of his body. At one time, he would lament his hard lot, on being confined, in the most plaintive and desponding accents; at another, he would be as gay and cheerful as possible, laugh and sing from morning till night.

If these writers could enable us to determine positively betwixt cases of hypochondria and insanity, it would be useful: at present, there is a considerable degree of uncertainty. I have seen cases that had all the appearances of the former, that I was afterwards convinced belonged to the latter; and, I have no doubt, but that many a patient of the hypochondrical class, has been pronounced insane, and treated as such.

* * *

## 15, PAGE 34.

IT has often been said, that no people are so deficient as the English, in the art of communicating social pleasure: I can only say for myself, that I enjoyed more social happiness, during a few years residence in a foreign country, than in all the rest of my life in England;

England; without possessing any advantage at that time for the purpose.

The people of England meet but little, except for the purpose of eating, drinking, and gaming: these by causing an expence which the bulk of mankind are not able to support, are the great bars to social pleasure. To these may be added, bigotry, and consequent disputings in religion and politics.

### 16. PAGE 35.

SHOULD these pages attract that attention which every writer, however unworthy, wishes for, it may induce me to make up for more general sale, a medicine which has been in use as a preventive of this complaint for more than forty years, with constant success: it is merely a convenient form of exhibiting an aperient, sudorific, diuretic, antispasmodic, and carminate medicine.

### 17. PAGE 39.

HAVING a maniac confined in the room over my own, I was at one time exhausted for want of sleep, he having bellowed like a wild beast, and shook his chain, almost constantly for several days and nights; I therefore got up, took a hand whip, and gave him a few

few smart stripes upon the shoulders; he cried out all the time, "Now devil, lay on devil; devil, I defy thee:" stopping however on the outside the door, to listen, I heard him say, "I was most desperately frightened at "that devil coming upon me so in the dark, but I took "care not to let him see it; but its wrong to make "so much noise, I'll be quiet;" and so he was; he disturbed me no more, and soon after began to amend.

### 18. Page 40.

THE most simple and best mode of doing this, is, first to make the patient fast in a common two-armed chair. It will be necessary to be provided with eight small straps, or cords, and one long enough to go round the back of the chair and the body of the patient; the small straps must be put one round each ancle and the chair foot, one round each knee and the chair staff, one round each wrist and an arm of the chair, one round each elbow and ditto; a piece of soft wood must be ready, of about six or eight inches long, one and half inches broad, and half an inch thick; the end to be rounded, and the corners or edges to be sloped off to a round blunt edge: the stronger attendant then takes the head of the patient firmly under his left arm, and lays hold of the chin with his left hand, and with the other forces the piece of wood betwixt the

teeth, and turns it upon the edge; by which the mouth is held open. The chair may be a little tilted back; the other attendant lays hold of the nose with one hand, so as to stop the breathing through it, and with the other pours into the mouth the article to be given.

## 19. Page 42.

I WILL suppose a case not at all unusual in the annals of insanity. A female, educated in all those notions of delicacy both as to mind and person, which are an ornament to her sex, and give them such powerful attraction with ours, becomes an inmate of a mad-house; during which, her language is disgusting to the ear of modesty, and her other practices equally offensive to some of the other senses: on the first dawning of reason, she knows all that has passed, sees it under its most aggravating circumstances, she conceives herself as degraded in the eye of society; perhaps her first and fondest wish was to become a wife and mother, but who will take to his arms so wretched a creature? No wonder if these thoughts throw a cloud over returning reason, and sink it back into incurable melancholy.

I don't know any way so effectual in preventing all this, as letting no one come near her, but the most confidential persons, and observing what I recommend as to delicacy of treatment.

20. PAGE

## 20. PAGE 42.

THE keeper of a mad-house may be very apt, from familiarity with such scenes, to consider the recovery of his patients of but little importance; particularly if his interest lies in keeping them in the house.

* * *

## 21. PAGE 42.

TO be duly impressed with an idea of the dreadful nature of the complaint, let us listen to those that have been afflicted with it. Once observing to a gentleman who had recovered, that during his illness he seemed happy, "Be that as it may," he replied, "I assure you, "that I should at this time more willingly meet death "in his most terrific appearance, than the thoughts of a "relapse, even for a very short time; you cannot possibly have any conception of the horror I feel at the "thoughts of it."

Another gentleman writes me thus: "For God's sake, "take care that my medicines are forwarded in due "time; I have fancied that the occasional use of such, "has for these thirty years prevented a relapse of that "dreadful complaint; and I assure you as a friend, that "I could better support the thoughts of the loss of every "sixpence of my property, and sustain all the horrors "of poverty in my old age, than the thoughts of the

"want of those medicines. I was once, for a short time, "under an apprehension of this kind, on the death of your "relation; and the idea had nearly drove me mad."

I know a lady that was confined many years ago, and she seems quite well, unless when it happens in a mixed company that insanity is mentioned; she then instantly has the appearance of madness, and is immediately taken out by her friends, and soothed with the most anxious care.

Another lady that had been ill, was never heard for twenty years after her recovery to mention the disease, or any thing relating to it, or the place where she had been kept; so that her husband concluded, she had totally forgot it: this could hardly be the case; but such, no doubt, was her horror of it, that she could never muster resolution to mention it.

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## 22. PAGE 42.

IT is doubtful, whether many of those that keep mad houses, are qualified for the important purpose. I know of two, whom I have been told began business without any information but what they got from me: if so, they began with a very small stock of knowledge indeed; for one of them had all the information he acquired from me, before I was eleven years of age; and the other, in a single conversation: and neither of these men, either by

nature or education, seemed fitted for any thing above a common labourer.

There are few things that more demand the attention of government than the regulation of mad-houses. As a matter of revenue, it would be extremely hard indeed, to tax the most unfortunate of human beings; but as a matter of regulation, and to pay the necessary expences, it would be highly proper, that all those who keep maniacs should pay for a licence; and care should be taken, that none were granted but to those found qualified upon examination by a physician and magistrate. They should also be required to produce the most respectable testimony, as to moral character, and humanity. Care should be also taken, that the accommodation were equal to the number to be received; and the requisite conveniences of a warm and cold bath provided. Security should be required for the due performance of engagements; magistrates should be required to examine such houses, and make reports; and no patient should be allowed to be confined in any rooms, but such admitted by the magistrates as proper for the purpose.

## 23. PAGE 43.

DURING the paroxysms of rage, occasioned by coercion, when first used, and in some kinds of the disease, suicide, or violence to others, must be carefully guarded

guarded against; but after some time, suicide is seldom to be much apprehended, though every care should be taken; but lunatics are remarkably timid, and afraid of any personal injury: this, and the very few cases of suicide in those that are previously known to be insane, is a proof that it is not so often a consequence of insanity, as is asserted; and no reasoning can be more false, than that by which it has been attempted to prove, that suicide is a proof of insanity: it might with equal propriety be said, that the commission of robbery, or murder, was a proof of it in the perpetrator. A person oppressed by the evils of life, makes his escape by self-murder; it proves that he felt those evils; but the really insane would not feel them. If it is argued, that the insane would be more likely to commit this crime, from not being able to reason upon the consequences; it may be answered, That they have no motive for the act, and that life often seems as sweet to them as to others; and, unless by surprise, such as the unexpected sight of some instrument of death, which they might conceive, in a hurry, the idea of trying the use of, they are perhaps as little likely to commit suicide, as the sane in mind. It is not every depression of spirits, that is insanity.

## 24. PAGE 44.

SUCH idle gazers are generally well paid for their impertinence; for they stand a fair chance of being

told, not only of all the faults they been supposed guilty of, but of others, mentioned perhaps for the first time: nay, maniacs will artfully pretend to have been partakers in the crimes they accuse others of, in order to give credit to their assertions; such as, "Thou rememberest thee "and me stealing such a thing together:" or, if a woman, "Thou rememberest thee and me being at such "a place, and what passed betwixt us and those men." They obtain credit, for it is supposed that mad folks and drunkards tell the truth.

## 25. PAGE 45.

IT has been thought, that the changes of the moon had great influence over the insane; hence the word *lunatic*. I cant say, that I have been able to observe this; but I have observed, that the changes in the weather, or atmosphere, have a very considerable influence; and I recollect, hearing an observant keeper of a madhouse, say, "We shall have a change of weather; I can "tell by yonder people making such a noise this morning."

## 26. PAGE 50.

A LATE writer, several times mentions light reading. I wish he had told us what he meant by this; some might

might consider novels, or romances, as light; I should consider them as very heavy reading, and extremely improper for insane convalescents. Perhaps many of our modern comedies and farces, are liable to the least objection; few of them being objectionable in point of morality: they are fit for no other use, and possess this advantage, of not being at all likely to engage the attention much, after complete recovery.

## 27. PAGE 51.

WHEN I first read these reports, I was struck with horror at the gloomy picture of human wretchedness they exhibit. It appears, that little more than the proportion of one out of three, recover. I cannot charge my memory with the exact proportion of those that recovered in the practice I have seen; but, I dare venture to affirm, that it was at least four out of five: I think, not less than nine out of ten.

## 28. PAGE 57.

I have seen a very distressing case, of a gentleman refusing food. The extreme affection of his relations, would not allow of any coercive measures being used; and from occasionally refusing his food, which was one

one of the first symptoms of the complaint, he got, as the disease gathered strength, to refuse it totally; so that he gradually sunk for the want of nourishment. I saw him about an hour before his death, and though he was then too weak to lift his hand, yet he was a most furious maniac.

## 29. PAGE 57.

I HAVE known a single instance, of bleeding alone, curing mania. It was a young man of very full habit; he was bled thirteen times, every time till he fainted: in the compass of six days, he recovered, but soon relapsed; by the by, the surgeon who attended him, was thought to be mad. I have known another case, where, it was supposed, the patient was bled to death, without its producing any alteration in the complaint.

## 30. PAGE 60.

Dr. COX has certainly laid himself open to censure, by what he states respecting opium. He says, "I have "tried it alone, to an almost incredible extent; but have "seldom seen even temporary, much less permanent "advantages, from its employment." By what authority did the doctor use opium to an almost incredible

extent?

extent? Is he not aware, that a powerful drug, doing no good, is likely to do harm? I was cautioned against the use of it, thirty years ago, in the following words: “Never “ use opiates; you had better give them poison: “ be assured that no person will ever recover of insanity, “ that has been in the habit of taking much opium.” It would be too much to prove, that a medicine did no good, and yet did no harm; if a powerful one: but the above proves, that the doctor honestly tells his practice; and his convictions, I make no doubt, have operated to the advantage of his patients.

## 31. PAGE 60.

A KEEPER of a mad-house, not fifty miles from where these pages were printed, it is said, frequently exhibits his wonderful knowledge of, and power over, insanity, to the friends of his patients, by making the most furious, quite still and quiet, with a medicine that he administers. Digitalis will do this, and perhaps is the article used: it is a great pity, this man was not a mountebank; it is such an excellent trick for a public exhibition: unfortunately such tricks are of no use whatever in the way of a permanent cure. Digitalis, as a most powerful diuretic, may be necessary in some complaints; but we have others sufficiently powerful, and less dangerous, that will answer the purpose in maniacal cases.

## 32. PAGE 62.

I HAVE lately had a very fair opportunity of estimating the value of cold water, applied to the head, in a case of this sort. A patient, previous to his confinement, was troubled with a very violent head-ach; he found a temporary relief by bathing his head with the coldest pump water; this he did perhaps a dozen times a day, for several months. That this practice did a great deal of harm, there is reason to believe: that it did no good is very certain; for it ended in the most furious madness I ever beheld.

## 32. PAGE 62.

I HAVE some where lately seen an observation, that the advantages of warm bathing were not sufficiently appreciated: I fully agree to this, and wonder that it is not in more general use. This may arise from the notion, that the virtue of warm bathing is entirely owing to the chemical properties of naturally warm water; when in fact, the temperature alone, is the only thing of consequence, in general.

That so elegant a luxury should be so little attended to, in this luxurious age, is surprising. What a delightful appendage to an inn! What so refreshing to the fatigued traveller! whether oppressed by the heats of summer, or chilled by the colds of winter!

Dr.

Dr. Cox is of opinion, that in some cases, the patient might remain in the bath for several hours together, with advantage: I am confirmed in this opinion, by a circumstance that took place at the warm bath, Virginia, some years back. A young man was sent thither, who had lost the total use of his limbs, from palsy; with orders to remain in the bath twice in the day, an hour each time. It was usual for his friends to secure him in a chair, up to the neck; and some times leave him, and fetch him when the hour was expired. This had been continued for some time without any advantage. One evening, having left him as usual, and it being assembly night, he was forgot, and remained till next morning; a space of twelve hours: on taking him out, he found himself able to move; upon which they brought him some refreshment, and left him till night; at which time he was able to walk to the inn, with very little assistance; the next and following day, he was in the bath several hours, when he was completely recovered. It is to be observed, that he was always well wrapped up in flannels, upon coming out of the bath.

I am sorry I am not able to say at which of the baths this took place; for there are two in the same valley, about six miles from each other: the temperature of one is 96, the other 112; but am perfectly satisfied as to the fact itself.

## 33. PAGE 66.

I HAVE had thoughts, of a small family mill; to be worked by the feet, that there might appear some purpose in setting them to use them.

## 34. PAGE 68.

Dr. ROWLEY and Dr. Cox are in direct opposition in their opinions, with respect to vomits; and however I may be pleased with the reasoning of the first of these learned gentlemen, I confess myself fully of the same opinion with the latter. I not only think that vomits may be useful, but in some cases, absolutely necessary to a cure; but we very materially differ in some particulars, respecting vomits: he thinks, that their great advantage consists in their superiority in clearing the stomach, that the frequent use of them, does not injure, the tone of the stomach, and brings, as a proof, people being able to sustain sea sickness for a long time, without injury. Now I am clearly of opinion, both from my own experience, and the opinion of a very able physician, that purges properly administered, are equally as good as vomits, for clearing the first passages, where there is time; and am well assured from my own personal experience, that vomits do injure the tone of the stomach; and that people,

being able to bear sea sickness, is no criterion by which to judge of this: I having myself sustained almost constant sea sickness, for ten days together, without feeling the least inconvenience, except that of hunger, the moment after it had ceased. Indeed, it must be obvious, that there is a great difference betwixt the operation of a powerful drug, and the nausea, that is occasioned by motion.

I believe, that the great advantage of vomits, consists, in their rousing the system; it is well known that they open the pores, promote perspiration; and without causing much increase of the arterial action, determine a large quantity of blood to the head. I suppose that great determinations of blood to the brain, when the blood is in an impure or viscid state, may be the cause of insanity; and that great determinations of blood to the head, when the blood is in a pure or attenuated state, may be sometimes neccesary to a cure; by removing or forcing out those accumulations or obstructions, which, by impeding the proper circulation of the nervous principle, may be the more immediate cause of the disease. The best way to clear a pipe, in which impure water had settled, would be to force a large quantity of pure water through it.

All those cases of sudden cure, related by Dr. Cox, may be accounted for, by the accidents causing an unusual determination of blood to the head; and in three cases, that have fallen under my own immediate notice, of

of sudden recovery occasioned by violent shocks, it was fully evident that this was the case. But to show how cautious we should be, in applying violent shocks, I must notice, that I know a person that suddenly recovered from insanity, of long continuance, in consequence of a shock, occasioned by the house taking fire, in which he was confined; and I also know an instance, where a similar accident caused a patient to relapse, from a very hopeful state of convalescence, to a most deplorable state of the disease.

The swing of Dr. Cox, as a means of producing nausea, or vomiting, is not the best, I think, that might be contrived. Perhaps an imitation, of the motion of a vessel at sea, would better answer the purpose: this might easily be effected by making the patient fast in a boat, put upon a small piece of water, which the attendant could agitate at pleasure, first in easy undulations, and afterwards more briskly.

## 35. PAGE 70.

SINCE writing the above, I recollect one single instance, of a person recovering in a very short time after the commencement of what I then thought insanity; but I might be mistaken, as I was but a youth. I was fetched to a poor woman that it was said was gone mad: no cause was given, but the people round her, told me she was of a mad breed. I found her in a strong deli-

rium,

rium, which, as far as I was able to judge, was insanity. Having no expectation of her getting well in a short time, I prevailed upon one neighbour to take her young child, and another undertook to draw her breasts, and look after her: I bled her in one of the feet, and had her legs put into warm water up to her knees for an hour. I gave her a purge, and ordered a bottle filled with hot water to be put to her feet. Whatever was her complaint, she was quite well of the delirium the next day, only complained of a little languor; but was well enough to go about her work, and take back her child; and I never heard of a relapse.

## 36. PAGE 73.

THE zeal of Dr. Cox in the service of his patients, seems highly commendable in this respect; and though I may differ from him in some of my opinions, I should not hesitate to recommend his house to the notice of those, who have friends labouring under this complaint.

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CON-

# CONCLUSION.

UPON reading the first part of this work, since it was printed off, it has occurred to me, that I have not sufficiently insisted on the necessary means of preventing insanity; nor explained myself properly upon the subject.

It is not to be understood, that where the symptoms of approaching insanity are observable, a single purge will remove the danger. It will not only be requisite to give three or four smart purges at first, but also to keep the body in a laxative state, by gentle aperient medicines, for weeks, or even months; in short, till the symptoms disappear: and even in those hypochondrical cases that may require bracing measures, costiveness should be carefully guarded against. In both cases, a proper regard to temperance should be attended to, and all indigestible food, and strong liquors avoided. A return to free living, should be very gradual; and in all cases where free living is indulged by those who have any reason to apprehend this complaint, the occasional use of laxative medicines is absolutely necessary. The other extreme, of deluging the stomach with weak diluting liquors, does harm. Valetudinarians are apt

to quack themselves with weak teas, made of herbs: these, instead of strengthening the tone of the stomach, (the common pretence for the use of them,) weaken it, and where there is danger of lunacy, most assuredly do harm.

Travelling on foot, by easy stages, taking great care to avoid the extremes of heat and cold, and in particular wet feet, and in the company of an agreeable, intelligent, and talkative companion, may be highly useful; for the advantage of seeing new objects, depends, in a great measure, on the companion being able to give every thing an amusing complexion. In these cases, a good jester may prove a most valuable friend.

Singing, music, reading aloud, cheerful company, and the lighter dramatic entertainments, may all be useful. Gaming of all kinds, dancing, and the sports of the field, are more likely to do harm than good. I should object to fishing as an amusement, it often requiring too great a stretch of patience; and I have been led to think, that there is something unfavourable to such cases in the situation, on the edge of water, independent of the danger to be apprehended. I have known an instance, of a gentleman being suddenly seized with mania, after waiting for a bite two hours, who had not previously shown any symptoms of the complaint.

But many of those likely to be injured by the ardency of literary pursuits, cannot sometimes relish any thing under the appearance of amusement. Such may frequently find relief by a small variation in the subject under

under contemplation. For instance: those engaged in theological studies, might perhaps find the most relief by rounding the periods of a sermon on the same subject; or turning the same ideas into verse. There is reason to believe, that one of the finest compositions in our language, (*vis.*) Watts' Divine Songs for Children, was wrote as a relaxation from more severe studies. Perhaps there is nothing that promises so great a fund of rational and beneficial pleasure, as gardening, or gathering specimens for the study of botany.

It will always be neccessary to pay due attention to the article of sleep.

> "Sleep that knits up the revell'd sleeve of care,
> "The death of each day's life, sore labour's bath,
> "*Balm of hurt minds*, great nature's second course,
> "Chief nourisher in life's feast."

But instead of representing sleep as a dull god, which the poet does in another place, I should be inclined to personify it, as a coy virgin, whose favours, such as are likely to prove the "balm of hurt minds," are to be won, rather, by the careful avoidance of every thing that might offend her delicacy, than by the rude embraces of opiates, or stupifying potions. The simile may be carried still further; by observing, that when she is unreasonably prudish and reluctant, we shall be more likely to succeed, by seeming to disregard her smiles.

Instead of tumbling about on the bed when unable to sleep,

sleep, the best way is, to rise, throw open the bedcloaths, and walk about the room. When this is not convenient, for fear of the cold, or disturbing others, it is better to have recourse to the stores of memory, for passing away the time, by repeating what has been formerly committed to it; than to give up the reins to fancy, who is very apt on such occasions to rove beyond the regions of sleep. But it will frequently happen, that while repeating, the senses will be suddenly "steeped "in forgetfulness." When any thing occurs to the thoughts, which it is desirable to retain, it is much better to rise, and commit it to paper, than to be at the trouble of fixing it in the mind sufficiently, to be sure of recollecting it.

Sleep is often prevented by coldness of the feet; in such cases, something should be done to rouse the languid circulation of the blood. I have found that the best way of doing this, was to dip the feet in cold water, and afterwards rub them smartly with a coarse towel. It is extremely improper, to lie long in bed without sleep, unless compelled to it by something besides idleness.

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FINIS

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